

# Care for Your Body

Caring for someone else's health doesn't mean you shouldn't take time to care for yourself. Make your health a priority, too.

## TRY THIS

**Use a calendar or set reminders on your phone.** Don't forget to take your medications, and don't miss your own check-ups or other appointments.

**Prioritize healthy habits.** A balanced diet, plenty of exercise, and a good night's sleep will keep you healthy and help keep your energy up.

**Sign up for HealthyYouTXT.** Try a text message program to help you eat better, get active, or manage your weight. <https://smokefree.gov/healthyyoutxt-programs>

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## CHECK THIS OUT

**Visit** the Springboard page Care for Your Body. <https://survivorship.cancer.gov/springboard/get-support/care-for-your-body>

**Read** these recommendations for physical activity (<https://goo.gl/jCAo1x>) and nutrition (<https://goo.gl/8LKGjH>).